Stage Fright

Have you ever experienced something called stage fright when you feel like a thousand pairs of eyes are looking and you forget what you’re going to say?

Well, I believe that although many people suffer from stage fright and want to give up public speaking, it can be overcome. Firstly, let’s consider why people are nervous of speaking in public. Secondly, how does stage fright affect people’s lives? Finally, I’m will give you some tips on how to manage stage fright.

Stage fright is also known as Glossaphobia. Boys and girls are both affected. The reasons why people become nervous when public speaking are:

* They become over anxious and forget to breathe deeply.
* They think that there’s a possibility they will forget things while presenting, resulting in failure.
* Or they’re focusing on their behaviour and appearance rather than on the audience.

How does stage fright affect people’s lives? My Mum once told me about a friend who was a business woman. She was going to present a speech to her boss, but she was so frightened that she couldn’t do it and after a few days, she lost her job. If that happened to you, what would you do? About 75% of humans suffer from stage fright at some time of their lives. So don’t worry you’re not on your own!

You can prevent it! Just believe! Here are some tips to help you when speaking to an audience.

* Remember to breathe deeply before presenting
* Maintain eye contact with the audience
* Speak to their hearts
* Be enthusiastic and use humour where possible
* Be clear, concise and brief

So just believe in yourself! Remember lots of people are nervous when public speaking. You’re never going to go far in your career if you let stage fright affect you! You can help yourself to control stage fright. You just have to believe that you can do it! So clearly, I believe we can all overcome stage fright.

Adapted from speech by Christine Ubido 2011